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Perennials through the years
Haliburton County Master Gardener Lee Ann Hobson gives tips on planting perennial gardens on page 4.

International Women's Day
Emily Stonehouse weighs in on gender pay gaps in this week's editorial on page 6.

Experiencing movies
Irv Handler shares his lifelong love for movies and the search for the best ways to watch them on page 7.

The sun sets over a skating trail on Sharon Lake in Minden Hills. /Submitted by Ken Rivest

Naturally Yours

Wood wide web

RICK WHITTEKER
Special to *County Life*

As the outdoor sights and sounds of spring approach, I would like to draw your attention to something fascinating that you cannot see or hear. Below the forest floor, our understanding of the silent communication between trees and fungi is unveiling a new way to look at forests.

Commonly associated with death and decay, some fungi have antibacterial properties (think penicillin), others are deadly and some have chemicals that can induce hallucinations.

There is also a specific subset of fungi that attach to the tree feeder rootlets for the purpose of sharing resources. Called Mycorrhizal fungi, literal ly meaning fungus-roots, microscopic hyphae attach to the cells of the tree roots. A mass of hyphae forms the body of fungi called mycelia. Mycelia are the fungal strands we can see spidering out from overturned logs.

This relationship between trees and mycorrhizal fungus is symbiotic and reciprocal. A tree fixes carbon in its leaves through photosynthesis and sends carbohydrates in the form of sugars to its roots. These sugar molecules are absorbed by the fungus. Like capillaries, fungal filaments fan out from the tree roots and reciprocate by sending water and nutrients back to the tree. Phosphorus, nitrogen and water are vital for tree health but can be a struggle to access without help of the extended reach of the fungus.

Like a forest community barter system, the tree provides carbon in the form of sugar in exchange for water and nutrients obtained by the fungus.

This fungal network is like nature's internet or the "Wood Wide Web," an astounding underground communication system which is both complex and cooperative.

There is a very Canadian connection to this phrase; it was coined by Susanne Simard, a faculty of forestry at UBC. As a child raised in the temperate forests of British Columbia, Simard was enchanted by the mystery of her moss-covered playground and went on to study forestry. She is most noted for her field research related to the sharing of carbon between Douglas Fir and White Birch trees.

Her research proved that carbon travels both between fir trees but also between fir and birch. She found that if a fir tree is growing in the shade of the understory or is stressed for nutrients, a nearby birch tree, growing in better conditions, will share up to 10 per cent of its carbon to help the fir survive.

Simard was also able to document an extensive network of linkages under the soil with DNA microsatellites. What she found was a series of intersecting fungal highways. The biggest, oldest trees were the most highly connected and they were termed hub trees, AKA mother trees.

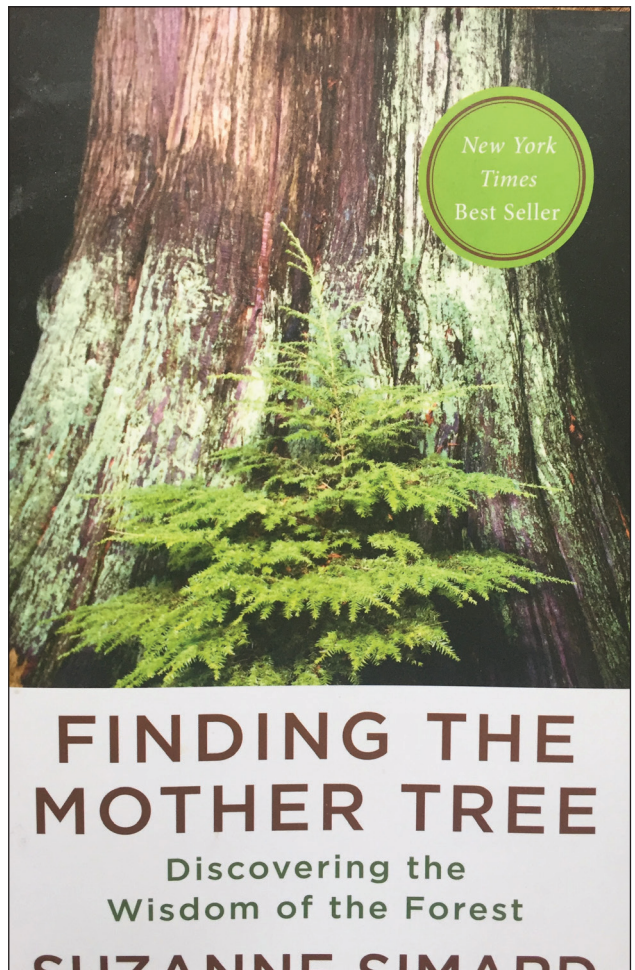
The mother trees were nurturing the young saplings in the understory at no cost to herself. Demonstrating bias towards their own offspring, mother trees send more carbon to saplings grown from her seed compared to unrelated saplings. Taking care of family first!

Simard asked herself, could a sick fir tree benefit from a healthy birch tree? Yes, it can, she found. The fir puts out warning signals that it is being attacked by some pathogen and the trees in the mycorrhizal network produce defense enzymes in preparation of insect infestation or disease. The fir will benefit from the antibiotic producing enzymes generated by the birch tree, through the mycorrhizal network. Almost like a public immunization program, without all the politics!

Finding the Mother Tree-Discover the Wisdom of the Forest chronicles Simard's personal struggles with cancer, motherhood and relationships. Her writing seamlessly weaves these seemingly disconnected experiences into the story of her research.

The book also explores her experience as a woman scientist pushing up against the status quo with breakthrough scientific research in the male dominated field of forestry. Her theory challenges the notion of forest competition, raising the question, is the forest more of a capitalist or socialist system?

Like the tip of an iceberg, what you see in a forest mushroom is only a surface character in an ancient and complex underground story. The forest is a vast, hidden trading and sharing network and not simply a collection of individual trees, a new perspective to consider on your forest hikes.



Simard mixes personal with science in this very readable book. /Submitted by Rick Whitteker

The Fine Dining of the Northern Flying Squirrel

The Northern Fly Squirrel likes nuts and seeds like its southern cousin but prefers to dine on delicacies below the ground, specifically truffles. Truffles are a common fruiting body of mycorrhizal fungi, a nutritious, flavourful food enjoyed by people in upscale restaurants. Costing over $1,000 a pound, truffles are difficult to find as they look, well … like dirt and don't fruit above ground. Like pigs and dogs, Northern Flying Squirrels locate truffles by scenting the aroma produced as the truffle matures. The fungal spores are passed through the squirrel's digestive system and when deposited in the right spot, the viable spores add to the vital network of mycorrhizal fungi contributing to forest health.

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For information on how your flyer can be inserted each week in County Life please contact Melissa Armstrong at **613-332-2002** or **melissa@haliburtonpress.com**

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Playing to the beat

Singer-songwriter Jodi Timgren plays an original song at SIRCH Bistro's first Acoustic Coffee House in Haliburton on Sunday, Feb. 26 where musically-talented Highlanders kicked out the jams in a circle acoustic guitar session. All were welcome no matter their skill level while the Bistro provided spare guitars for passersby. /ADAM FRISK Special to *County Life*

SIRCH Bistro hosted its first "acoustic coffee house" in Haliburton on Sunday afternoon where musically-talented Highlanders kicked out the jams in a circle acoustic guitar session.

Lauren Phillips keeps the beat for the group.

Textile Recycling

Along with donating gently used clothing to the Haliburton 4Cs Lily Ann Thrift Store and the SIRCH Community Services' Thrift Warehouse, residents of Dysart can drop off textiles for recycling at Dysart's five waste disposal sites during regular operating hours.

Place textiles in clear bags to help keep materials dry.

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☑ While textiles should be clean, our textile recycling program will also accept torn, worn out, stained or scrap textiles.

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Perennials through the years

LEE ANN HOBSON
Haliburton County Master Gardener

Painted butterfly on native geranium. /Photo by Pauline Plooard

Anytime someone mentions perennials to me, I think of my neighbour's peonies. Big, beautiful flowers that bloomed in June. She had three different kinds of pink, from a light blush to a deep fuchsia. They came up regularly every year with seemingly little need to fuss over them or provide any special treatment.

The official definition of a perennial is a non-woody plant whose roots survive through the years. This all-encompassing definition seems to imply that little to no work for the gardener is involved except for the initial planting. Although mostly true, to make your perennial treasures thrive, they do need some TLC during and after the growing season.

When planning a perennial garden, there are a vast variety of perennials to choose from. There are perennials for sun to shade and wet to dry soil. Flowers and foliage are pretty much every colour of the rainbow with a diverse range of sizes and shapes. Plant sizes range from tall and spiky to low spreading ground covers. Beginning gardeners don't feel intimidated. One of the best aspects of a perennial garden is; it can be big or small and can be tailored to suit your knowledge and skill.

When planning, start small. Make sure to choose the plants that will give you the most pleasure. If you want to have a view of blooms from your kitchen window in June, for example, research and plant with that in mind. Ideally, selecting the proper combinations of perennials could give you colour from April to October. Watch how your plants grow and interact in your garden's environment over the growing season. Take notes of bloom times, what your plants look like before and after flowering and if they play nice with their fellow plants. What looks good at the garden centre might overwhelm and shadow its neighbour. Your plants will continue to grow and expand in the coming years until your perennial matures the gaps can be filled with annuals. Very soon, your selections will be big enough to dazzle all on their own.

Perennials are a good garden investment. They will, with a little help from you, continue to give your yard a pleasing view and relaxing place to visit for many years. Some plants will continue to expand, and even get too big. After a few years, you can perhaps share or trade with a fellow gardener. Never consider the perennial bed finished. If a plant you selected doesn't suit, it can be easily replaced with another.

When selecting your purchases, there are a few things to keep in mind. As residents of Haliburton and area, we have unique challenges that gardeners south of us don't have to consider. Our soil is not the best for perennials and therefore usually needs to be amended. When choosing your planting sites, try to pick an area that will be easy to plant and maintain.

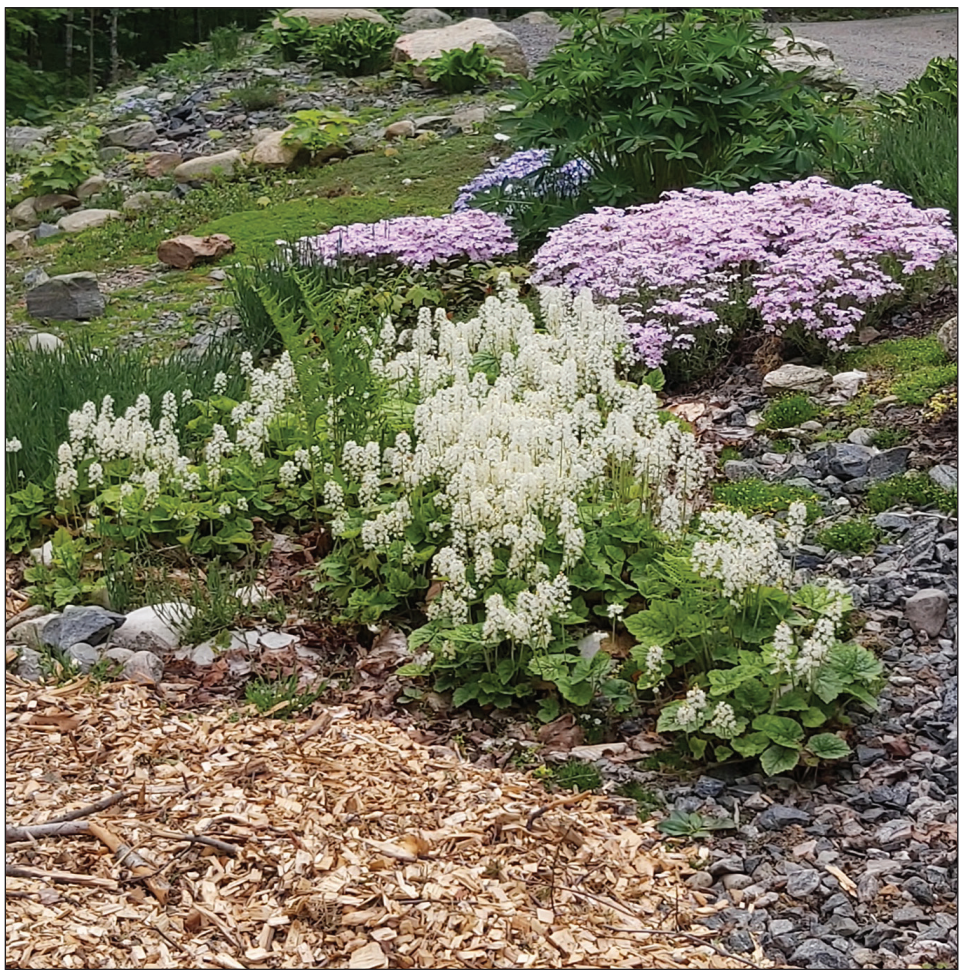
I saw a beautiful perennial garden a few years ago on a steep slope. The homeowner had picked a few flatter spots on the slope and added a few stones to contain his precious dirt and added his flowers. They were beautifully striking against the natural green of the landscape and easy to maintain during the growing season. Don't be afraid to think outside the box, literally. Anything can be used to contain your soil and grow your plants.

We also have to contend with deer and their tendency to eat their way through our gardens. Although I mentioned perennials are a good investment, they are still too expensive to augment the deer diet. Haliburton County Master Gardeners have a handy pamphlet on what perennials and annuals are more resistant to deer munchies. These will be available at their Annual Plant Sale on May 27 at Head Lake Park in Haliburton along with a selection of deer resistant plants to help you strategize your garden plans.

There has been a lot of attention lately on the dire plight of our native pollinators. Native bees, butterflies and moths are under stress from insecticides, herbicides and habitat loss. We as perennial gardeners can help by picking plants that are better suited to pollinator diets and reproduction. The best choice would be planting the native plants suited to the pollinators in our area. With a little research, you can plant your gardens with both native plants and non-native perennials.

The best choice for non-native perennials is a heritage type. That is to say, not a hybrid. A lot of hybrid varieties are bred to be long blooming and beautiful to the human eye; however, a lot of these are not compatible with the pollinator's feeding habits. Often the flower is overly developed which doesn't allow the pollinator to access the pollen. Also, some hybrids have been bred to produce no pollen. Haliburton County Master Gardeners will have tables at their Plant Sale dedicated to heritage perennials and another for native plants.

Last but not least, make sure your purchased plants are hardy to Canada Zone 4. The zone is almost always listed on the plant tag, and if it isn't, ask. If the zone is a higher number, you risk losing your perennials to winter kill. The plant tag will also provide planting/location information such as sun or shade, wet or dry. Look for an "X" in the plant name. This can indicate a hybrid variety.



Example of established perennial garden in Haliburton County, Zone 4. /Photo by Lori Andersen

It is always a good idea to mulch perennials with fallen leaves or even pine boughs making sure they have a good cover of snow for the winter. By attending the Plant Sales of the various Horticulture Societies, Haliburton County Master Gardeners and local nurseries, not only can you get free advice, but their plants are almost always hardy in the zone they are selling them in.

Do your research, and you won't be disappointed. There is plenty of information on the Haliburton Master Gardeners website, the internet, at your library or by attending the above-mentioned Plant Sales. Happy gardening through the years!

Haliburton County Master Gardeners is a volunteer organization that provides horticultural advice specific to Haliburton and surrounding regions. Have your gardening questions answered or schedule an onsite consultation at www.haliburtonmastergardener.ca.

Winter scenes
Winter sun shines through branches. /Submitted by Tammy Nash

An intricate skating trail on Sharon Lake. /Submitted by Ken Rivest

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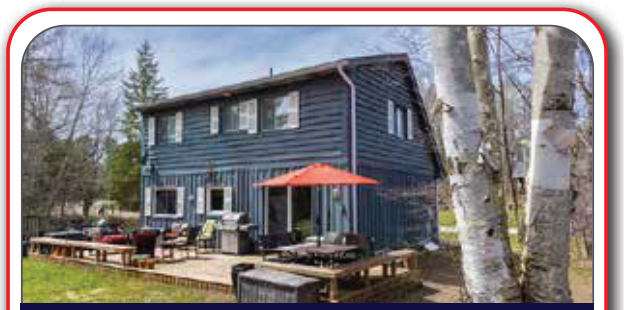

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A long way to go

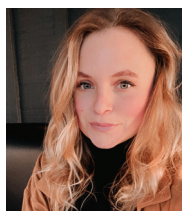
HAPPY INTERNATIONAL Women's Day.

Truly a day worth celebrating.

The first IWD dates back to the early 1900s. It was established by a group of women who were dedicated to suffrage, and passionate about mitigating gender-based bias in the workplace.

At this time, there were over 100 delegates to advocate for this, representing 17 countries; hence the international component.

Since then, IWD has blossomed, and is practiced in countries around the world. It has been catapulted to the forefront of discussion in modern society through celebrities like Beyonce and Barack Obama sharing IWD messages and songs. It's a day that feels celebratory. Like we're part of something bigger.



EMILY STONEHOUSE
County Life Staff

Good thing so much has changed since the early 1900s, and we no longer have to push for our very basic human rights.

Oh, wait.

According to the Organization for Economic Co-operation and Development (OECD), for full-time employees, there is a 16.1 per cent difference between annual median earnings of women and men relative to the annual median earnings of men. In its ranking of countries, Canada has the eighth worst gender pay gap in the world.

But, you may say, this is the 21st century. I mean, it wasn't okay when the first IWD took root. If anything, that's part of the reason IWD was held. Why is this still happening?

While Canada has a series of pay equity laws in place, the majority of them are only applicable to the public sector. It was noted by the Ontario Equal Pay Coalition (OEPC) that traditional "women's work" tends to pay less than traditional "men's work", as the "women's work" is often aligned with domestic tasks (serving, caring, supporting, cooking, etc.), and historically, was expected to be done for free. According to the OEPC, industries that have more women than men in them have significantly lower wages associated with them.

It's also worth noting that many women are paid less because they are more likely to work part-time. According to the Canadian Women's Foundation, "Women work part-time for several reasons, including lack of affordable childcare and family leave policies, along with social pressure to carry the bulk of domestic responsibilities." Across Canada, 22 per cent of women cited family responsibilities as the reason they are missing work throughout the week, compared to only nine per cent of men.

Of course, this gap worsens for women facing additional barriers, such as BIPOC women and women with disabilities. While there is no rhyme or reason with age as a factor, it was noted by the Girls Guides of Canada in 2018 that girls between the ages of 12 to 18 are already experiencing a gender age gap of nearly $3 per hour.

If you're scratching your head and thinking that this still doesn't make sense, you're right. Stats Canada recently released a survey in which they identified that nearly two thirds of gender-based pay gap is unexplained. They narrowed it down to "unobservable factors", which, if you're reading between the lines, just means bias and sexism.

So here we are at the tip of the iceberg. The gender pay gap just skims the surface when it comes to inequalities women still face. I haven't even gotten into bodily autonomy, access to menstrual products, and the absolutely unrealistic domestic expectations of women in the home.

Women are the lifeforce of this planet, and we have been fighting for years, decades, centuries, to even just get on the same playing field as our male counterparts. It doesn't need to be a fight to get to the top. It shouldn't be. It needs to be a place where we can see eye-to-eye, and support our individual needs. As someone raising two girls in a world that is still so unbalanced, I will yell this from the rooftops. They deserve to be seen, heard, paid, and respected. Full stop.

Women deserve to be celebrated. To be honoured. To be supported. To be valued. And being a woman can look like so many things; traditional, non-traditional, against the grain, colourful. Being a woman is however you want to shape it, to make it your own. Whatever it is, it's worthy, just like you.

Every single woman I know deserves a medal for spending their lives swimming upstream.

So, this IWD, do some research on the gender pay gap. Find ways you can support women in your country, your community, and even your home. Change starts with you, and there's a long way to go.

Top 10 things the neighbours were thinking when the pyramids were being built

THE PYRAMIDS are world-renowned now and considered one of the wonders of the world. But, never forget, there was a time when they were just the new building in the subdivision. With that in mind, here are the top 10 things the neighbours were saying at the time. They are:

STEVE GALEA
Humour Columnist

1. It's way overpriced.
2. What? No windows.
3. The shingles are going to cost a mint.
4. I guess they don't mind stairs.
5. Who does he think he is? King Tut?
6. Probably has an unfinished basement.
7. It'll never last.
8. It's nice but no garage…
9. Oh great, another monster home.
10. It'll probably be good for property values.

Who knows where the white-tails go

Nights still sting as cold as Christmas
Though it's March, and sky grows tall
Sparrows make a dogwood ruckus
But this isn't strange at all

Creatures go along with season
Taking days as new ones come
Most survive the chill and changes
Trusting there'll be sip and crumb

How the fawns with mums survive it
Tugging icy leaves from snow
Huddling outdoors minus zero
Who knows where the white-tails go

Clouds hang still, no tree is moving
North wind doesn't try as hard
Hound across the lake is baying
Moon paints shadows on the yard

How the fawns with mums survive it
Tugging icy leaves from snow
Huddling outdoors minus zero
Who knows where the white-tails go

By Deborah J Reed

Chasing the perfect movie experience

IRV HANDLER

Special to *County Life*

I have always been a movie enthusiast and usually watch a movie every day. And even though I will watch movies in even the most unappealing circumstances; small screen, commercial interruptions, on an airplane, I am always in search of the perfect movie-going experience.

My first movie experience set me on my path. I was about five years old and a favourite babysitter took me to see Disney's 1951 *Alice in Wonderland* at a neighbourhood second run theatre. I was deeply in love with Alison, my babysitter. My family were recent immigrants to Canada, and Alison represented all the promise of our newly adopted country. She was beautiful, kind, loving and spoke English without an accent. My parents were of modest means and rarely hired a babysitter for any reason, and so spending the afternoon with Alison was a thrill in itself. But the move was a transformative experience for me. Colour TV had not yet arrived, and I had never seen a movie in colour before. But the movie was not just in colour, it was in Technicolor. The colours, like the Alice and the White Rabbit, were larger than life. And while I did not fully understand the psychedelic plot, the animated March Hare, Mad Hatter and Queen of Hearts delighted my emerging sense of humour.

My first Golden Age of movie watching began shortly thereafter. My mother was a working Mom and needed her weekends to do the shopping and other household chores. So on Saturday afternoons, I was given a quarter and a homemade bag of popcorn and sent to the local movie houses. I saw a double bill every Saturday for the next several years. In addition to the two films, I would watch a whole program of entertainment including cartoons, and the rapidly vanishing newsreels and movie shorts. I saw every kind of movie made in Hollywood; Westerns, beach blanket movies, Elvis movies, Rat Pack movies, Stooges movies and, of course, animated films.

Saturday afternoon movies were rowdy events, and I quickly learned that sitting in the balcony provided protection from a constant shower of popcorn thrown by neighbourhood kids more interested in mayhem than movies. My mother was not particularly concerned about getting me to the theatre in time, and I frequently arrived in the middle of the first feature. For some reason, this did not bother me too much. I sat through the remainder of the first feature trying to decipher the plot from the back half of the film. I sat through the second feature and stayed in my seat as they began another showing of the first feature. I left the theatre when the film came around to where I came in. There was something oddly satisfying about figuring out a movie seen backside first.

During this period, I estimated that I saw over 100 films a year. I began to realize that most films were derivative with recycled plot lines, tropes and devices. This eventually led me to seek out more avant-garde and original films. But I was still only a teen, and my quest for original films was stymied by the provincial censorship board. All the interesting movies seem to be rated R and restricted to adults over 18. In those days, I feared I would never see most some of these restricted movies. Once they left their original run in the theatres, they were gone, never to be re-released or shown on television. Although I caught some of these films at my university's film nights or at one of the second-run repertory cinemas that began to pop up in around the city, movies like Klute and Straw Dogs seemed forever lost to me. And then came the miracle of video tape to kick off my second Golden Age of movie watching.

I bought one of the very first videotape machines. It was a clunky RCA SelectaVision with manual control keys looked like they were lifted right off of an RCA tape recorder and cost a thousand dollars in 1979. I initially put the machine to use recording movies off television on blank tapes that cost $50 each and had a capacity of only two hours. It was not long before video rental stores started popping up all over the city. The store in my neighbourhood eventually acquired an enormous collection of back catalogue movies and, in addition to new releases, stocked an increasing number of independent films.

A 1990s boom in independent films began to satisfy my need for more original movie storytelling techniques. The growth of independent film was the result of the burgeoning number of film festivals that were popping up around the globe and the ease of financing low budget films to feed the shelves of the rapidly expanding video rental market. Some of these films, like *Dazed and Confused* and *Magnolia* would break into the mainstream. Others like *Living in Oblivion* and *Twenty Bucks* remain obscure to this day. And, of course, I saw them all, including all the blockbusters of the era. In all I was probably seeing over 200 films a year. But cracks in this second Golden Age were beginning to show.

It was inevitable that the films I most wanted to see, the popular new releases, were always out. I was increasingly forced to rent something from the back catalogue, housed in the store's sprawling basement. But combing the endless racks of comedies, dramas and action films, organized in alphabetical order, had its own level of frustration. The clerk behind the counter knew what I liked and would make suggestions but the average tenure of a video store worker was the length of a school term. Although I did not know it at the time, I craved an algorithm to help me pick movies.

The arrival of the streaming services lead to the third Golden Age of movies. As the streaming services expanded, I was able to watch virtually any movie ever made at a very reasonable cost. I quickly caught up on all current releases and any back catalogue movies that I had somehow missed. I then pivoted to curating my own mini film festivals. I would usually watch the films of any recently deceased actor. Sometimes I would get fixated on a particular director. Other times I would surf from one theme to another. A Robert Altman festival led me to watch *MASH* which led to an Elliot Gould festival. Other times, I would curate films on a specific topic which led me to watch four films about the Battle of *Dunkirk* (Dunkirk from 1958 and 2017, *Atonement* and *Their Finest*).

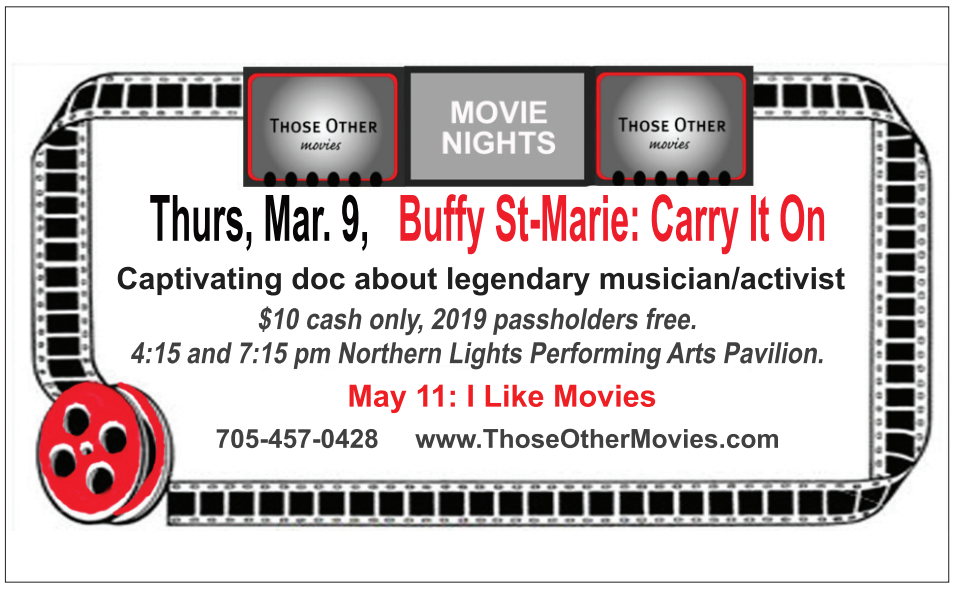
I thought that I had reached the pinnacle of movie watching. But lately, I have been feeling cracks in my third Golden Age. Although I am able to watch any and all films that strike my fancy, I am forced to watch them alone, in my living room, on a small screen. I find myself craving watching a film on a big screen, in an auditorium full of strangers. I want to laugh, cry, and sit on the edge of my seat in a communal display of emotions, with a bag of popcorn on my lap and my beloved babysitter by my side.

Paint night fundraises for student trip

Stephanie Ward adds branches to her painting during the Paint Night Art Workshop fundraiser for J.D. Hodgson Elementary School the Grade 7 and 8 students' end-of-year trip to Montreal. The workshop was held on Thursday, Mar. 2 at JDHES for 15 participants to be led through a painting demonstration by HHSS art teacher Karen Gervais. The trip is for 104 students to experience culture in Montreal. They will visit the Biodome, art galleries, and the city's notable architecture along with experiencing rock climbing, a cruise along the St. Lawrence River, ordering meals in French, and more. If you're interested in supporting the Grade 7 and 8 trip, contact Nancy Walker at JDHES by phone 705-457-2922 or email nancy.walker@tldsb.on.ca. /VIVIAN COLLINGS Staff

Karen Gervais, right, shows Ally Bailey some techniques during the Paint Night Art Workshop fundraiser.

Andrea Mueller works on cutting out shapes to create negative space in her painting.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Legion Events

Branch 129 Haliburton

Mondays: Bridge every Monday at 1 p.m. Schofield Room.
Tuesdays: League darts starting at 7 p.m. Haliburton Army Cadets practice 6:30 to 9 p.m. (Sept to June)
Wednesdays:
Bid Euchre 1 p.m. start – Main Hall.
Bingo doors open at 6 p.m.
Bingo starts at 7 p.m. $500 Jackpot
Thursdays: General Meeting third Thursday of the month, starting at 7 p.m. All members urged to attend.
Ladies Auxiliary last Thursday of the month at 1 p.m.
Fridays: Meat draw has five draws, five prizes each draw, first draw at 4:30 p.m., last draw at 6:30 p.m. Tickets are $2 per draw. Ed Pickard, MC.
Friday fun darts from 4:30 p.m. and onwards.
Saturdays: 50/50 Draw 4 p.m. draw – tickets are $1 each available in the Clubroom.
Whether you're planning a function for 10 or 200, for more information call the Legion today at 705-457-2571, email rcll129@outlook.com or visit haliburtonlegion.com. Come on out and support Haliburton Legion Branch 129 ... everyone is welcome!
Club room hours: Mon. 3 to 6 p.m., Tues. 3 to 9 p.m., Wed/Thurs. 3 to 6 p.m. Fri. 3 to 7 p.m. and Sat. 3 to 6 p.m.

Branch 636 Minden

Lunch - Monday to Friday
Monday: Rug Hookers every second week. Bid Euchre 1 to 3 p.m.
Tuesday: Food 5 p.m. Canoe FM Bingo 6 p.m.
Thursday: Cribbage 1 to 3 p.m., Darts 7 to 9 p.m. and Euchre 7 to 9 p.m.
Every other Friday: Karaoke 8 to 11 p.m.
Friday Fish & Chips & Wings. Lunch 11a.m. to 2 p.m. and Dinner 4 to 7 p.m.
Every other Friday Karaoke 8 to 11 p.m.
Saturday All Day Breakfast 9 a.m. to 2 p.m. with three Meat draws at 11 a.m.
Call ahead any day for take-out: 705-286-4541
Schedules are subject to change without notice. Check our Facebook page Minden Legion Branch 636 for more info.

Wilberforce

Mar 9: Open 2 to 6 p.m. HHHS Social Rec 10 a.m. to 1 p.m. Exercise and trivia game
Mar 10: Diners Club 12 p.m. $15 per person. Contact Denise Butler 705-448-8865 to book. Pool 2 p.m. Wing night & jam session 5 to 8 p.m.
Mar 11: 2 to 6 p.m. Meat draw 3 p.m.
Mar 12: LA Breakfast
Mar 13 & 14: Closed
Mar 15: Open 2 to 6 p.m. Darts 2 p.m. Everyone welcome!

If you are planning a function for social or other event providing our guidelines/ conditions are met, please feel free to contact us at 705-448-2221.

Friday dinners are in jeopardy due to lack of volunteers. Please reach out ASAP if you want to help. Young people come out and show the elders how it's done!

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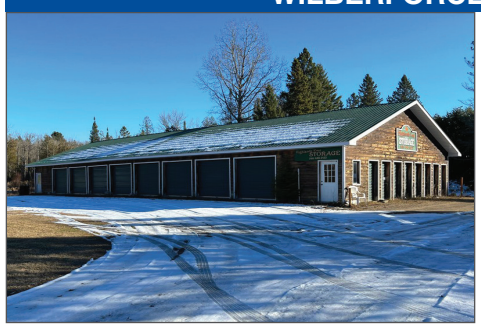

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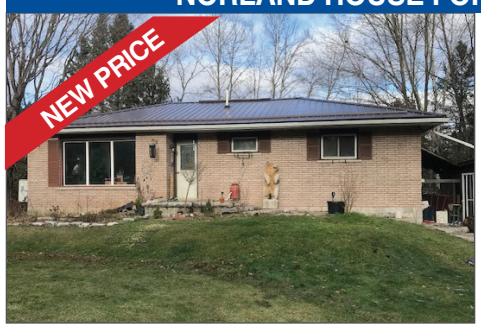

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The Times MINDEN ONTARIO

County Life

The Echo Haliburton County

Dig deeper to reduce stigma

You may have heard the word "stigma" used more lately in the press and in conversations about health and social issues. But what does the term really mean, and how can we challenge it in our everyday lives?

The dictionary definition of "stigma" describes it as set of negative and often unfair beliefs that a society or group of people have about something.

In his 2022 publication, *So you want to reduce stigma towards people who use drugs*, Dr. Scott Neufeld suggests we use more specific terms to describe how people experience stigma, such as discrimination, prejudice, stereotypes, or social exclusion.

He also urges us to investigate how these things are presenting in our community. Are there certain social groups who have been historically excluded or disproportionately impacted because of social and health policies? What are the reasons behind this? Are we allowing community members to speak up, or creating further barriers for people to access critical supports?

The term "stigma" is also often used in the context of youth mental health, neurodivergence, and disability. Many youth and caregivers experience stigma in the form of discrimination or social exclusion. Children's Mental Health Ontario (CMHO) describes several examples of stigma that youth and caregivers may experience, such as negative reactions to caregivers advocating for their children; criticism and bulling of children needing extra supports; playdate invitations not being reciprocated by other families, or pushback from work colleagues for needing to take more time off to troubleshoot problems or make appointments.

For some families, these negative reactions are consistent occurrences, and constantly dealing with them can be exhausting. Solutions don't come easily, but CMHO recommends sharing your child or family's experience with those who can influence change in a confident and unapologetic way that says, "Everyone has their challenges—and this is ours. This is what we need or what would help."

Accessing peer support from other parents and working with daycares and school to develop an action plan can also go a long way towards making the situation manageable for youth and families.

But while focusing on individual attitudes and circumstances is important, collectively we must dig deeper and examine the root causes of stigma if we want to culturally re-frame the issue and realize meaningful policy change. Indeed, it is vital for community leaders and changemakers to understand that stigma is often a reflection of social, cultural, and systematic realities, and that we all have a role in learning about the past and talking about what can be done.

"With respect to substance abuse and mental health, whether we are living the experience in one role or another or not, all of us are at some points in time a bystander, an onlooker," said Alex Isbister, retired social worker. "We are/I am the context in which someone else may be suffering. We all can use reminders of respect and compassion, and of the privilege of being well."

Submitted by Point in Time Centre for Children, Youth and Parents

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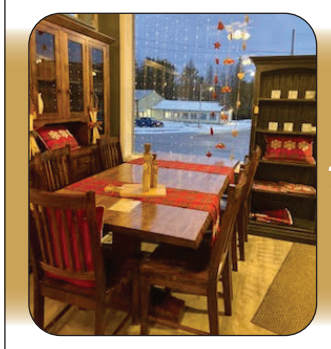

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TOPS: Take Off Pounds Sensibly

When: Monday mornings 9:30 to 11 a.m.
Where: Haliburton Legion Branch 129, upper level
Admission: Yearly membership of $59
A non-profit/commercial network of weight-loss support groups, offers programs for healthy living and weight management.

Speaking of Wildlife, Land Trust Discovery Days

When: Saturday, Mar. 18, 10 a.m. to 12 p.m.
Where: Haliburton Outdoors Association's Fish Hatchery, 6712 Gelert Rd, Haliburton
Adults $15, Children 12 and under $10, Family $35.
This family friendly event will take place on Saturday March 18 at the Haliburton Fish Hatchery. Wildlife experts from Speaking of Wildlife will introduce you to a variety of Ontario wildlife ambassadors. Learn some fun facts and see these special creatures up-close. Tickets must be purchased in advance at www.haliburtonlandtrust.ca or call 705-457-3700.

The Western Chorus Frog – Learn and Listen

Thursday, Apr. 27, 7 p.m.
Where: Welcome Centre Minden Cultural Centre
Admission Free/Donations
Join local field naturalist Ed Poropat as he takes us on a journey through the lifecycle of these tiny amphibians, with some insights as to why they seem to be disappearing from our landscape. A brief indoor presentation, followed by a short ride to a location where chorus frogs are known to call. Register at www.haliburtonlandtrust.ca or call 705-457-3700

Nature in your backyard

County Life welcomes photo submissions depicting life in the Highlands. Email vivian@ haliburtonpress.com. Please ensure images are high resolution - 200 dpi, 10 inches at its longest edge.

A snow-covered deer among the trees. /Submitted by Jill Moulton

Details of a raven's head. /Submitted by Tammy Nash

A Pine marten is on the prowl in a tree. /Submitted by Tammy Nash

A Pine marten looks out from a tree. /Submitted by Tammy Nash

A pair of Mourning doves perch on their regular branch. /Submitted by Jill Moulton

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VOLUME III, No. 18 Wednesday, February 25, 1981

Warm weather causes a variety of problems

The two week stretch of warm weather has virtually knocked the pins out from under the tourist trade in the county. As snow on cross country ski and snowmobile trails dwindled this past week, resort owners throughout the region began receiving cancellations. Caught by the warm weather, most resort operators are not optimistic about the final month of the winter season. Most feel the "spirit" of the season has now been broken and it is now impossible to recover the momentum which was created early this year.

The warm weather has raised the levels of most creeks and rivers in the county. Lakes show wet slushy areas and while there is still thick ice in many areas, sections of open water are expanding as air temperatures and water flows increase.

A Ministry of Natural Resources spokesman reports that minor flooding is being experienced along the Burnt River south of Kinmount, but in most other areas the rivers are staying within the banks. Cold temperatures are needed at this point to slow the run-off created by the weather the MNR spokesman commented.

Loggers have also been caught by the warm temperatures. Bush operations have ground to a halt as frozen access roads slowly turned to a thick mire under the wheels of the heavy logging equipment. Cold dry conditions will be needed for at least a week to enable the last of the logging to be completed before the end of March.

According to maple syrup producer Wally Crofts the mild conditions have not yet hurt this season's potential flow. Crofts noted that sunshine is the key to bud growth and sap flow. The mild weather of the last two weeks has generally been without sunshine. He said there could be problems if the temperature remains above normal, but commented that the sap has not yet started to flow. Crofts said a return to colder temperatures for the next two weeks would help put the maple syrup season back on schedule.

The Reverend George Elliott of St. Paul's Anglican, Minden leads the colour party as the annual Scout church parade held Sunday. The Beavers, Cubs, Scouts, Brownies and Girl Guides were in attendance at the service which marks the birthday of the founder of the Scouting movement, Lord Baden Powell.

Official Plan considered by county

Admitting that provisions contained in the county-wide development strategy are not being followed, members of Haliburton County Council have agreed to undertake a full scale appraisal of the strategy and will consider the possibility of expanding the document into an Official Plan. The municipal politicians also agreed, at the February 18 meeting, to hold at least one workshop to enable them to become more familiar with the development strategy.

The review and assessment was one of three options considered by the council. The planning committee of council had met earlier last week with representatives of the Ministry of Housing to consider the alternatives. The other two options which were rejected, were to continue with the strategy as the municipalities have been doing, or enter a full scale appraisal and Official Plan preparation.

The councillors chose the middle route, opting to become more familiar with the development strategy while at the same time carrying out studies to determine if there is a need for a county-wide official plan.

The development strategy is a document prepared last year which outlines the direction planning was to take in the county. It identified specific sensitive areas and suggested that would be suitable for industrial, commerical and recreational development. The strategy has received the approval of the Minister of Housing but the document has no legal standing. It is a guide to municipal councils, developers and the public as to the general wish of planners for the county.

It is on this point that the strategy differs widely from an Official Plan. Such a document, approved by the Housing Ministry, is considered a legal expression of development wishes in the planning area. The Ontario Municipal Board accepts statements contained in Official Plans when evidence is presented in development hearings, whereas the development strategy currently in use in the county is generally considered a guide but not policy.

The evaluation which the county has agreed to undertake will assess the benefits that could be gained by creating an Official Plan for the County. A representative of the Housing Ministry, Pat Vanini, told the councillors that there was not enough information gathered at this point to say whether an Official Plan would be of value. She said the study would examine the costs of planning as it is now carried out at the municipal level and whether having a central plan, with planning staff, could reduce this expense. The investigation will also study the problems of integrating a county-wide plan with the one which now exists in Dysart et al.

The study will cost, according to Vanini, between $5,000 and $10,000 with 50% of the expense being covered by provincial funds. Dysart, since it already has an Official Plan, would not be required to contribute to the costs of the study.

Several councillors agreed with the suggestion that the planning strategy, approved just last year, is being ignored by many of the municipal councils in whole or in part. Warden Murray Fearrey stated, "The strategy is not being enforced and we should ensure that it is." He noted that an Official Plan does not "lock municipalities into a certain planning strategy". He said that changes could be made, but that these changes would require public scrutiny before being approved.

"What we are really asking here," the Warden commented, "is to have the municipalities utilize the present development strategy and then take it one step further, to prepare ourselves for future planning."

The members of the council generally endorsed the idea of a workshop to enable the members to become more familiar with the planning strategy. Former Warden Malcolm MacGillivray described it as a step in the right direction.

The councillors however, appeared to be a bit uncertain about extending the assessment to determine if an Official Plan would be of value to the county. However, in the end the members of the council agreed to the study and the work will now begin.

Lutterworth Reeve Ron Gambell questioned the need of the planning committee of the county council to review severances and other matters approved by the municipal councils. The suggestion that these items be reviewed by the committee was made by the Warden. Gambell noted the county already employs a land severance committee to review the municipal severances. The Warden said he felt the extra review was needed to ensure provisions of the development strategy were being followed.

Hyland Crest budget tops $1 million mark

With the suggestion from County Warden Murray Fearrey that the request for a budget increase for Hyland Crest was "no more out of line than the others received by County Council today (February 18)", the budget proposed for the operation of the home was taken under advisement by the council. The group had just finished hearing requests from various county agencies for their 1981 allottment when Lutterworth Reeve Ron Gambell, chairman of the board of management of the home, told the meeting the Hyland Crest budget had broken through the $1 million mark.

While a large portion of the funding for the home will come from the provincial government local taxpayers will have to contribute $127,000 this year. This compares with $90,000 from the local taxpayers last year.

(It should be noted that at this point the budget figures are requests. The county council's budget committee will be meeting shortly to approve, reduce and set the amount to be received by each of the departments).

Gambell told the meeting that last year the total budget for the home was close to $900,000 and that this year the board of management is projecting an expenditure of $1,007,000. He pointed out that a portion of the increase will be used to cover a deficit of $31,000 from 1980, the result of an unanticipated wage settlement and increased expenses. Gambell noted that similar pressures will be exerted on the budget of the home during the coming year.

The Lutterworth Reeve also suggested that budget requests in the past have not been realistic. Former board of management chairman Bob Vick, Reeve of Snowdon Township, responded to the comment by noting there had always been a budget surplus

Gambell pointed out that the home is carrying a greater nursing load since the number of extended care beds was increased from 38 to 42. "These people require round-the-clock care," he told the meeting. Hyland Crest has a 60 bed capacity.

Stanhope Reeve Jim Harrison asked if the committee had studied a report on staffing prepared some time ago. "Is the home over-staffed?" he asked. "Could part-time staff be better utilized?"

Gambell said there are only two full-time nurses on staff now and that the committee had reviewed the situation and was told by the supervisor that no changes could be made. Gambell stated however that the matter was still under review when Reeve Harrison pointed out the board of management was charged with the responsibility of setting policy at the home.

List revisions now underway

Revision of voters lists for the 32nd Ontario general election started Monday and will continue to March 7.

In this two-week period, additions will be made to the preliminary lists of electors that are prepared following the door-to-door enumeration.

Returning Officers for the Province's 125 electoral districts will consider such changes during their posted office hours.

Qualified voters who do not have Form 103 and whose names are not on the voters list should contact their Returning Officers.

The last day for adding the name of a qualified voter to the polling list is March 7. Urban voters must have their names on the list if they are to be allowed to vote. Rural voters not on the list may still vote, provided they are identified and vouched for on polling day by another qualified voter who is on the list at that polling place.

Telephone numbers of Returning Officers are carried in Elections Ontario advertisements that appear during the revision period in daily and weekly newspapers throughout the Province. Phone numbers may also be obtained by calling Directory Assistance.

To be qualified to vote in the general election, a person must be at least 18 years old on the day of voting, a Canadian citizen or British subject at the time of voting, and a resident of Ontario for at least the 12 months prior to election day on March 19.

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SOYERS LAKE

COMING SOON

KASHAGAWIGAMOG LAKE
$2,125,000

4 X BED | 2.5 ACRES | 2274 SQ.FT
2 X BATH | 259 FT. FRONTAGE | MLS# 40360013

SOUTH LAKE
$795,000

3 X BED | 1.06 ACRES | 999 SQ.FT
3 X BATH | 75 FT. FRONTAGE | MLS# 40379906

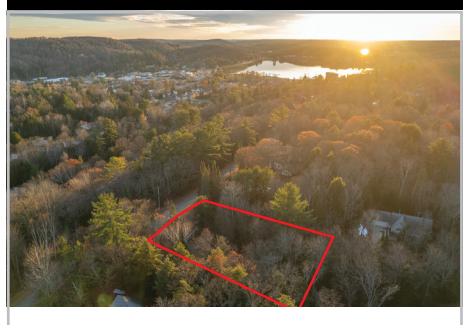
BRADY LAKE ROAD
$749,900

3 X BED | 31.03 ACRES | 1642 SQ.FT
2 X BATH | MLS# 40361629

SKYLINE PARK ROAD
$299,000

3 X BED | .675 ACRES | 850 SQ.FT
2 X BATH | GREAT LOCATION | MLS# 40357253

SUNNYSIDE STREET
$225,000



GREAT LOCATION | 0.408 ACRES
MUNICIPAL YEAR-ROUND RD. | MLS# 40343482

LAKEVIEW STREET
$159,900

PRIME LOCATION | 1.47 ACRES | UNDERGROUND HYDRO
MUNICIPAL YEAR-ROUND RD. | MLS# 40364799

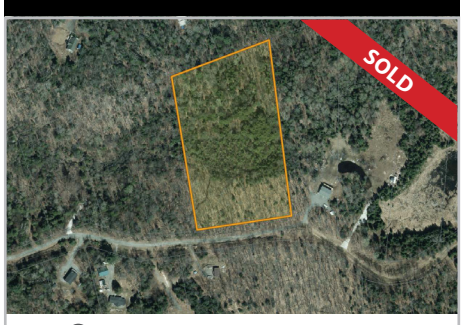
TOWER ROAD
$95,000

PRIVATE | 2.19 ACRES
OFF-GRID | MLS# 40343517

LAKE LORRAINE
$725,000

2 COTTAGES + BUNKIE | 4 X BED | SAUNA
83 FT. FRONTAGE | 2 X BATH | MLS# 40378260

NORTH DRIVE
$209,000



PRIVATE | 5.56 ACRES
GREAT LOCATION | MLS# 40373129

OSPREY RD
$190,000

2 DEEDED LOTS | 7.86 ACRES
GREAT LOCATION | MLS# 40379171

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